



THE FRANKLIN Connection

Franklin Senior Center's Monthly Newsletter

**SEPTEMBER
2021**

The Franklin Senior Center

10 DANIEL MCCAILL ST.
FRANKLIN, MA 02038
PHONE: 508-520-4945
FAX: 508-520-4917

**OPEN MON-FRI
8:30am- 4:00pm**

<http://www.franklinma.gov/>

BEN'S BOUNTY GIFT SHOP 10AM-1PM



**Common
Grounds**

Café

**BKFST 8:30-10:30AM
Lunch 11:00-1:00PM**



**NOW OPEN
DAILY FOR
BREAKFAST &
LUNCH**



FREE SHREDDING EVENT

Norfolk County District Attorney Michael Morrissey will sponsor a free, drive-thru document shredding event on **Friday, September 17 from 10 a.m.-1 p.m.** in the Senior Center parking lot. This is a great opportunity to clean out sensitive documents that could make you vulnerable to identity theft; e.g. tax, financial, legal and other confidential documents. Please bring documents in bags and remove from 3 ring binders and binder clips. No need to remove staples, elastics, or paper clips. Thanks to the D.A.'s Office for their generosity!



SOUTHEASTERN MA COMMUNITY BAND CONCERT & ICE CREAM SOCIAL

Please join us for this **FREE** concert on **Monday, September 20**, and enjoy this 30-piece band and their renditions of show tunes, big band songs, marches, patriotic songs and more! Ice cream will be served at **6:00 p.m.** and the show will follow at **6:30 p.m.** Space is limited, please call to sign up. This program is supported by a grant from the Franklin Cultural Council, a local agency which is supported by the Massachusetts Cultural Council. Many thanks for their support!



HARVEST JAZZ BRUNCH

Join us for the smooth sounds of the Classics V Jazz Quintet along with a delicious Fall Brunch!

Tickets are \$6 at the front desk.

**Friday, September 24, 2021
11:30 AM**

NOTE: The Senior Center will be closed on Monday, Sept. 6, for Labor Day. The Cafe is closed on Friday, Sept. 24, for our monthly party.

DAILY EVENTS

MONDAY

9:00 AM

HAIRDRESSER/
BARBER
\$8 MEN/\$10
WOMEN

9:30 AM

ITALIAN
CONVERSATION
GROUP

MEXICAN TRAIN
DOMINOES

10:30 AM

POKER

1:00 PM

CHAIR VOLLEYBALL

BOOK DISCUSSION
(1ST MONDAY)

AMERICAN MAH
JONG

1:15 PM

MOVIE MATINEE

6:00 PM

CRIBBAGE-RESUMES
9/13

TUESDAY

9:00 AM

CRIBBAGE

9:30 AM

LOW IMPACT W/
SHIRLEY MAE \$3

BUSY BEES

10:00 AM

CHAIR EXERCISE W/
JUDITH
(VIA ZOOM)

HAND & FOOT
(CARDS)

MANICURES \$10
-EVERY OTHER WEEK
BY APPT.

COA MEETING
(2ND TUES)

11:00 AM

CARDIO, STRENGTH,
& BALANCE \$3

12:30 PM

LEGAL CLINIC
(3RD TUES)-RESUMES
9/15!

1:00 PM

BINGO

MINDFUL
MOVEMENTS \$3

QUILTING

CRIBBAGE
INSTRUCTION

AUDIO BOOK CLUB /
LOW VISION
SUPPORT
(VIA PHONE)

CHESS (1ST & 3RD
TUESDAY)

WEDNESDAY

8:30 AM

BLOOD PRESSURE
& SUGAR TESTING

9:00 AM

WALKING GROUP

9:30 AM

SHINE HEALTH
INSURANCE
COUNSELING (By
Appt only)

9:45 AM

CHAIR YOGA \$3

10:00 AM

KNITTING
SCRABBLE
ASIAN MAH JONG

VETERANS COFFEE
SOCIAL (1st Wed)

11:00AM

ZUMBA \$3

1:00 PM

LINE DANCING \$2

CHAIR VOLLEYBALL

SENIOR SCRIBBLERS
(HYBRID)

HAIRDRESSER
\$8 mens/ \$10
women

FIBROMYALGIA
SUPPORT
(1st Wed)

BRIDGE

4:00 PM

ALZHEIMER'S
CAREGIVERS
SUPPORT
(2ND & 4TH WED
HYBRID)

THURSDAY

8:30 AM

BLOOD PRESSURE &
SUGAR TESTING

SENIOR COFFEE
HOUR W/ STATE &
LOCAL OFFICIALS
(3RD THURS)

9:00 AM

CRIBBAGE

9:30 AM

BUSY BEES

BOCCE

LOW IMPACT W/
SHIRLEY MAE \$3

10:00 AM

VIRTUAL CHAIR W/
JUDITH (VIA ZOOM)

DISCUSSION GROUP
(HYBRID)

11:00 AM

CARDIO, STRENGTH,
& BALANCE \$3

12:30 PM

OPEN ART STUDIO-
RESUMES 9/2!

1:00 PM

BINGO

1:00 PM

TAI CHI \$3



FRIDAY

8:30 AM

PODIATRY
CLINIC
(MONTHLY; CALL
FOR DATE)

10:00 AM

WOODCARVING

HAND & FOOT
(CARDS)

11:00 AM

POUND FITNESS
\$3 **NEW!**

12:00 PM

T.O.P.S
TAKING OFF
POUNDS
SENSIBLY
(HYBRID)

1:00 PM

POKENO

POOL
INSTRUCTION
New!

2:00 PM

SILVERTONES
CHORAL
GROUP—

*The next
Podiatry
Clinic will be
held on
Friday,
October 8th.
Please call
for an appt!*



*"Hybrid" events
are in-person, but
also available via
Zoom. Please call
the center for the
link to join!*



SEPTEMBER SPECIAL EVENTS

RAILROAD IN FRANKLIN Wednesday, September 8 at 1:00 p.m. Franklin Native Joe Landry will share his collection of photos and videos of the railroad in Franklin. Please call the Center to sign up: 508-520-4945.

NAME THAT TUNE! Lunchtime Edition Monday, September 13 at 11:30 a.m. Back by popular demand! We had so much fun last month, we are going to play again! Join us in the cafe during lunch and play the popular game show, Name That Tune!

PAGE TURNERS BOOK CLUB Monday, September 13 at 1:00 p.m. The group will discuss, "Mrs. Dalloway" by Virginia Woolf and "Vanessa and Her Sister" by Priya Parmar. Call for more info!

FRANKLIN MATTERS Q&A Thursday, September 16 at 1:00 p.m. Please join Steve Sherlock at the Franklin Senior Center or on Zoom as he discusses all things Franklin. Bring your questions! To register for Zoom, email: shersteve@gmail.com.

FIVE WISHES & HEALTH CARE PROXY Thursday, September 23 at 11:00 a.m. Nurse Trish will present information on Health Care Proxy and Five Wishes, a legally binding advanced directive, that lets you control your personal, emotional, and spiritual wishes. Please call the Center to sign up.

US ARMY NATICK LAB Thursday, September 30 at 1:00 p.m. at the Center and via Zoom. Join Alan Earls as he discusses what goes on behind the gates at the US Army Natick Lab. Everything from superfoods– though not Tang, sometimes erroneously credited to them– body armor, cold weather gear, etc. Please call to sign up!

DISCUSSION GROUP Meets Thursdays at 10:00 a.m. for general discussion and current events. All are welcome at the Center, or on Zoom. Special topics are planned for the following dates:

Thurs., Sept 23: Computer Safety

An informal discussion on computer safety. We will discuss a series of topics that you can employ to protect your computer and your data from hazards such as malware, hacking, corruption of files and theft of data. Please join us to discuss this very important topic and bring your questions.

Thurs., Sept 30: Town Administrator Jamie Hellen will be available to discuss Town issues and answer questions.

Thurs., Oct 7: Jon Juhl, Project Developer from Juhl Associates will provide an update on the 60 unit affordable rental senior housing project, **Franklin Ridge**.

Please call the Center to sign up, 508-520-4945

Odds & Ends...

Pickelball courts are reserved for Franklin Seniors on Wednesdays & Fridays from 10-2 at King Street Memorial Park. Bring your own equipment.

Bridge Players wanted! Call the Center for more info!

Monday Movies 1:15

Sept. 6.....**Center Closed**
Sept. 13.....**Let Him Go** starring Kevin Costner
Sept. 20.....**Let Them All Talk** starring Meryl Streep
Sept. 27.....**Tina** a documentary about Tina Turner

Caregivers Corner...



SUPPORTIVE DAY PROGRAM “SUNSHINE CLUB” UPDATE: We are excited to announce that our Supportive Day Program will be reopening in September! “Sunshine Club” is a social day program for seniors with mild to moderate cognitive loss, dementia, or Alzheimer’s. We are completing the enrollment packets and will be calling those on our waitlist to schedule assessment interviews. If you have a loved one or know someone who might be interested in learning more about Sunshine Club, please email adoggett@franklinma.gov or dhaynes@franklinma.gov.

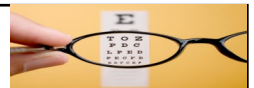
COMPANION CARE UPDATE: The Companion Care Program provides regularly scheduled, in-home respite for caregivers. If you are a caregiver and would like to know more about this program, please email adoggett@franklinma.gov. We hope to have this program up and running in October.

ALZHEIMER’S CAREGIVERS SUPPORT GROUP : Supports caregivers caring for loved ones with Alzheimer’s or dementia. On-site respite care is available if needed. To join, email Elaine Owens at: elaine.owens@verizon.net, or call the Center for more information. The group will meet:

Wednesday, Sept. 8 at 4:00 p.m. & Wednesday, Sept. 22 at 4:00 p.m.

Low Vision Support

LOW VISION SUPPORT



LOW VISION SUPPORT GROUP (Conference Call) on the 1st and 3rd Tuesdays of the month at 1:00 p.m. For more information, call Maggie at 508-520-4945.

AUDIO BOOK CLUB (Conference Call) Discusses “Tell No One,” By Harlan Coben on Tuesday, Sept. 14 at 1:00 p.m. This club is open to all! Participants are welcome to join using their favorite book format (book, audio, Kindle, etc.). For questions, or if you need assistance getting the book or audio book, call Maggie at 508-520-4945. The Conference call-in number is **508-206-8603**.

Information & Referral

ELDER DENTAL PROGRAM is a free non-profit, community based program serving 23 southern Massachusetts communities. The Elder Dental Program’s mission is to connect low-income seniors (age 60+) with local dentists who volunteer to participate by providing discounted dental care in their offices to elders we refer. The participating dentists are essentially donating their time and services in order to benefit seniors who are at the lowest income levels (under 250% of Federal Poverty Guidelines) and truly in need. The dental hygienist from Community VNA will be at the Senior Center on **Wednesday, October 6**. Please call Maggie Gundersen for more information at 508-520-4945.

THE AARP FRAUD HELPLINE is a free resource that offers tips and advice on how to spot a scam, steps to avoid fraud, guidance for families concerned for a loved one and referrals to law enforcement and other agencies. Call 1-877-908-3360, Monday through Friday, from 7:00 a.m. to 11:00 p.m. to access the Helpline.

In Appreciation...

- ♦ The Friends of Franklin Elders for donating funds for coffee at the Center.
- ♦ Gayle Sutcliffe for a generous donation in memory of David Sutcliffe.
- ♦ Brenda Hutchinson for a generous donation.
- ♦ Karen Blanchard for a generous donation.
- ♦ Irene Mahr for a generous donation of handmade items.
- ♦ May A Sayegh for a generous donation in memory of Mary Lou Degnim.
- ♦ Claire Lewis for a generous donation in memory of Mary Lou Degnim, Mary Ledwith and Mary Ellen Weidman.
- ♦ Esterino & Laurie Zarlenga for a generous donation in memory of Mary Lou Degnim.
- ♦ Mary Lee Bradley for a generous donation in memory of Mary Lou Degnim.
- ♦ The Busy Bees Club for a generous donation in memory of Mary Lou Degnim.
- ♦ Diana Foster for a generous donation in memory of Mary Lou Degnim.
- ♦ Kathleen Gillam for a generous donation in memory of Mary Lou Degnim.
- ♦ Peter & Georgette Hannoush for a generous donation in memory of Mary Lou Degnim.
- ♦ Emily T. Huntington for a generous donation in memory of Mary Lou Degnim.
- ♦ Jan Jewett for a generous donation in memory of Mary Lou Degnim.
- ♦ Kathleen Karpe for a generous donation in memory of Mary Lou Degnim.
- ♦ Irene Mahr for a generous donation in memory of Mary Lou Degnim.
- ♦ Phyllis Molloy for a generous donation in memory of Mary Lou Degnim.
- ♦ Barbara Murphy for a generous donation in memory of Mary Lou Degnim.
- ♦ The "Pip Girls" for a generous donation in memory of Mary Lou Degnim.
- ♦ Carol Ross for a generous donation in memory of Mary Lou Degnim.
- ♦ Louise Vozzella for a generous donation in memory of Mary Lou Degnim.



VETERANS' SERVICES OFFICE



September 2021 – VSO Notes

Veterans' Services Office – (508) 613-1315

September 1 – Monthly Coffee Social – 10:00 a.m. at the Senior Center. Joe Landry will share his wonderful collection of photos and videos of Franklin, then and now. All veterans are welcome to join us for coffee, conversation and updates. Masks are not required but feel free to wear one to our gathering.

September 16 – Veterans' Council Meeting - 7:00 p.m. at the Senior Center. All members of the community are welcome to join us!

September 18 – U.S. Air Force 74th Birthday - Before the creation of the Air Force, the military's flying operations were handled by the U.S. Army on land and the Navy by sea. The history of this branch of service is an important part of the history of air power in the United States.

September 26 – Gold Star Mothers and Families Day - A day to honor the families of fallen service members.

Our "Tune It Out" guitar lessons for veterans program has begun thanks to the generosity of Jamie Barrett, local music instructor and performer. Contact the VSO if you would like to learn to play the acoustic guitar. The group meets on Tuesdays from 5:30 – 6:30 p.m. at the Senior Center. Guitars will be provided to those interested in lessons but don't have a guitar.

Veterans and Dependents – If you are a veteran or immediate family member of a veteran, please contact our office to find out if there may be any veterans' benefits or privileges available. Please visit our webpage at:

<https://www.franklinma.gov/veterans-services>

Best Wishes to Dale Kurtz, Franklin's Veterans' Services Officer for the last 6 years. Enjoy your well-deserved retirement!

F.O.F.E. MEMORIAL DONATION

Your Name

Address

In Memory of:

MAIL TO:

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FRANKLIN

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RECENT REVIEWS

"We had a fantastic experience with Warren. He was very attentive and listened. With his help we listed higher than 3 other realtors recommended and got our asking price! I am beyond thrilled!" KA

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See reviews, Warren's recent sales and learn more at 02038.com.

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FRIENDS OF FRANKLIN ELDERS, INC.

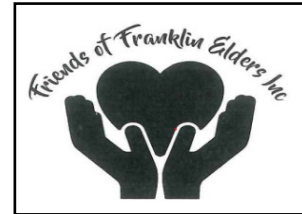
The Friends of Franklin Elders, Inc. (FOFE) is a private, non-profit organization whose purpose is to provide funds for programs, services, and equipment for the Franklin Senior Center that cannot be provided by state or local government. The Friends raise funds through membership fees, donations, and special events. Our next meeting is scheduled for **Friday, Sept. 24 at 9:30 a.m.** The public is welcome to attend.

JoAnn Wright, President
Nan Rafter, Vice President
Julie Garilli, Treasurer
Margie Lane, Secretary

Carole Ellsworth, Judy Pfeffer, Marge Capezza, Helen Power,
Paula Lombardi, Pam Spicer

MEMORIAL DONATIONS

- Gerard Fagan in memory of Ralph Fagan
- Joyce Adams in memory of Elynor Crothers
& Vivian Brown



Thank you to Rockland Trust-Blue Hills Charitable Foundation for the generous donation to the Friends of Franklin Elders.

Helping to build strong community relationships

The Rockland Trust-Blue Hills Charitable Foundation is dedicated to giving back to the communities we serve. That's why we're happy to support the **Friends of Franklin Elders**. We know that by supporting our neighbors, we're strengthening the same communities in which we live and work, and building relationships that last a lifetime.

To learn more about Rockland Trust,
visit any branch or RocklandTrust.com

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Feeling lonely at home? Interested in learning more about voice-activated technology to use in your home? You may be eligible to receive a **free Alexa device!**

Alexa is a voice-activated virtual assistant that works through a smart speaker and can help you with daily tasks, connect with the world and be a virtual companion. The Alexa Program is supported through a generous grant from the Metrowest Health Foundation. Eligible seniors will receive a device, set-up assistance and instruction! At a time when many are staying home, the Alexa program goal is to make being home less lonely. Call Maggie at 508-520-4945 for more information.

METROWEST
HEALTH
FOUNDATION

Volunteers Needed for Tax Preparation

Tax-Aide, a partnership between the IRS and the AARP Foundation, needs volunteer counselors to help low- and moderate-income persons in your community prepare their Federal and Massachusetts income taxes. Additional positions for site greeters are also available. Last year over 4,700 returns were prepared at 41 sites around Worcester County. Nationally almost 3 million taxpayers avail themselves of Tax-Aide services. Volunteers work 4-6 hours per week for the eleven weeks during tax preparation season – Feb 1st to Apr 15th. Training for volunteer preparers will be on three Saturdays in December. Internet access and basic computer skills are necessary. For an application and/or further information, go to <https://aarp.org/taxaide>. Select volunteer. Then select Tax Aide from the drop down.

FRANKLIN COUNCIL ON AGING

Officers:

Chairman.....Bob Crowley
Vice-Chairman..... Ron Higginbottom
Secretary.....Lyn O'Brien

Members:

Faith Flaherty, Mary Hick, Jan Jewett, Janet
Millici, Ken Norman, Lester Quan

Staff:

DirectorErin Rogers
Program Coordinator.....Sue Barbour
Social Svc. Coordinator.....Maggie Gundersen
Administrative Assistant.....Mary Hynes
Respite Coordinator.....Ariel Doggett
Supportive Day Coordinator.....Donna Haynes
Wellness Nurse.....Trish Collatos
Grill Cook.....Paul Ledwith
Veterans' Services Officer.....Shannon Nisbett
Veterans' Services Assistant.....Debra Martin

**The Franklin Connection is distributed with
funds provided by the Executive Office
of Elder Affairs, and the Friends of
Franklin Elders, Inc.**

Friends of Franklin Elders, Inc.
c/o Franklin Council on Aging
10 Daniel McCahill Street
Franklin, MA 02038

Pre-Sorted
Standard
Franklin, MA
Permit No. 13

Franklin Senior Center

"Independence, Engagement & Connection!"

*The Franklin Council on Aging meets on the second Tuesday of the month at
10 :00 a.m. This is an open meeting; the public is invited to attend.*

*The mission of the Franklin Council on Aging is to enhance the independence and
quality of life for Franklin older adults by:*

- ◆ *Identifying the needs of this population and creating programs that meet
those needs.*
- ◆ *Offering the knowledge, tools and opportunities to promote mental, social and
physical well-being.*
- ◆ *Advocating for relevant programs and services in our community.*
- ◆ *Serving as a community focal point for aging issues and as liaison to local,
state and Federal resources for older adults and their families.*

AND ON THE LIGHTER SIDE.....

When I was a boy, I had a disease that required me to eat dirt three times a day in
order to survive... It's a good thing my older brother told me about it.

I like having conversations with kids. Grownups never ask me what my third
favorite reptile is.

I grew a beard thinking it would say "Distinguished Gentleman." Instead, turns out
it says, "Senior Discount, Please!"

I asked my date to meet me at the gym today. She didn't show up. That's when I
knew we weren't gonna work out.

My wife told me to stop impersonating a flamingo. I had to put my foot down.

I got a new pair of gloves today, but they're both 'lefts,' which on the one hand is great, but on the other, it's
just not right.



I didn't think orthopedic shoes would help, but I stand corrected.

Are people born with photographic memories, or does it take time to
develop?

Last night me and my girlfriend watched three DVDs back to back. Luckily I
was the one facing the television.

